



NUTRITION

BROADCAST TITLE: Nutrition Pathways

COURSE NUMBER: HLSC 610 S

REFERENCE NUMBER: 114556

CREDIT HOURS: 3 Graduate Level Credit Hours (Undergraduate by PERMISSION ONLY)

PREREQUISITE: Graduate Standing or Permission of Instructor

DESCRIPTION: This teleclass is intended to provide students with a basic understanding of current nutrition issues. Emphasis is placed upon practical information designed to help the viewer to improve his/her nutritional fitness. Contemporary nutrition controversies will be examined including: diet and cancer, weight reduction, and the use of nutrition supplements.

TUITION AND FEES: Undergraduate: \$291.00
Graduate: \$306.00

ORIENTATION: GSU Saturday, September 6, 1997, 10 a.m. OR
Thursday, September 11, 1997, 4:30 p.m.

INSTRUCTOR: Dr. Lee Hertzman

EXAM SCHEDULE Thursdays, 4:30-6:20 p.m.
October 16, 1997 - Midterm
December 4, 1997 - Final

Please refer to the course syllabus for additional information regarding examinations and course requirements.

AUDIOTAPE: Nutrition Today Audiotapes from Annenberg/CPB Audio-Print Course Collection.

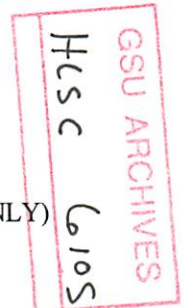
LISTENING: Available for purchase in GSU Bookstore.

TEXT: Nutrition for Living, 4th Edition. Redwood City Ca.: Benjamin/Cummings Pub. Co., 1994, J.L. Christian and J.L. Gregor.

STUDY GUIDE: Study Guide to Accompany Nutrition for Living, 4th Edition, S.A. Nitzke, Redwood City, CA.: Benjamin Cummings Publishing Co., 1994.

VIDEOTAPES: 26 one-half hour tapes

VIEWING: GSU Library
Orland Park Public Library
Jones Intercable of Southern Suburbs - Channel 29
RMI Media Productions



**GOVERNORS STATE UNIVERSITY
COLLEGE OF HEALTH PROFESSIONS
DIVISION OF HEALTH & HUMAN SERVICES**

**COURSE SYLLABUS
FALL 1997
TELECLASS**

Course Title: HLSC 610 Nutrition

Professor: Dr. Lee Hertzman

Telephone: 1-708-534-4917

Fax: 1-708-534-8958

DESCRIPTION

This course is designed to provide educators, counselors, and other nonscience students with a basic understanding of current issues in nutrition. Contemporary nutrition controversies will be examined.

REQUIRED TEXTS

Christian, Janet L. and Janet L. Gregor. Nutrition for Living. Fourth Edition. Redwood City, CA: Benjamin/Cummings Publishing Co., 1994.

Nitzke, Susan A. Study Guide to Accompany Nutrition for Living, Fourth Edition. Redwood City, CA: Benjamin/Cummings Publishing Co., 1994.

Nutrition Today Audiocassettes from Annenberg/CPB Audio-Print Collection.

COURSE OBJECTIVES

1. Evaluate the nutritional quality of your diet.
2. Examine the factors influencing energy consumption and how to control them.
3. Recognize the social and psychological facts influencing food choice.
4. Question the validity of unsubstantiated claims made by promoters of nutrient supplements.
5. Explore ways to meet specific nutrient needs in food choices.

FINAL GRADE

There will be a mid-term exam and a final exam in the course. Each exam will have 45 points. Each exam will consist of short-answer questions based upon the study guide, text, and tapes for the course.

The instructor strongly believes in taking exams on time. Therefore, two bonus points will be awarded each student who takes the first exam at the scheduled time proctored by the course instructor. Two bonus points will also be awarded for each student who takes the final exam at the scheduled time proctored by the course instructor. One additional bonus point will be awarded each student who takes both exams at the scheduled time proctored by the course instructor.

The GSU Office of Media-Based Instruction offers two alternative test dates for the mid-term, Friday, October 10, 1997 at 4:30 p.m., and Saturday, October 18, 1997 at 11 a.m. and two alternative test dates for the final exam Friday, December 5, 1997 at 4:30 p.m. and Saturday, December 13, 1997 at 11 a.m. Students may take the exams on these dates. To do so, please notify Luke Helm at (708) 534-4088.

There will be a penalty of ten points for each individual examination administration other than the ones given by the GSU Office of Extended Learning.

Students who take an exam up to two weeks late will have five points deducted from the exam grade. Ten points will be deducted if the exam is taken up to four weeks late, fifteen points up to six weeks late, and five additional points will be deducted for each additional two week period the exam is taken late. These penalties will not be taken in cases of documented illness if the exam is taken within two weeks of the conclusion of the illness. Thereafter a penalty of five points for each two week period of lateness (or fraction thereof) will be enforced.

Attendance at course orientation is mandatory. Ten points will be awarded each student who attends the entire orientation on either of the scheduled dates. Three points will be awarded each student who arrives at orientation after the session has begun.

The student may earn the following points in the course:

Mid-term exam	45
Final exam	45
Bonus for taking mid-term exam as scheduled	2
Bonus for taking final exam as scheduled	2
Bonus for taking both exams as scheduled	1
Attending orientation	<u>10</u>
TOTAL POINTS AVAILABLE IN THE COURSE	105

Grades will be calculated as follows:

90 and above	=	A
80-89.999	=	B
70-79.999	=	C
60-69.999	=	D
59.999 and below	=	F

EXAMINATION PROCEDURES

Exams are to be written in ink, not pencil. Bring at least two pens to the exam. All paper and scratch paper for the exam will be provided. No books (and no dictionaries), no notes, and no calculators can be used in the exams.

NOTIFICATION OF EXAMINATION SCORES AND FINAL COURSE GRADE

Students wishing to know their examination grade should turn in a stamped, self-addressed business (letter) sized envelope with the exam. If an envelope is turned in with the second exam, the course grade will be included along with the exam grade.

Exams will not be returned to students. A student can make an appointment with the instructor to see his/her exam if the student wishes after receiving the grade in the mail.

Grades will not be posted or given out over the telephone.

ASSIGNMENTS

Text and Study Guide Chapter	Audio Tape	Video Tape
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MID-TERM EXAM:

1	1	1, 2
2	2	16, 17
3	2	3
4	3	None
5	4	4, 5
6	5	6, 7
7	6	8, 9
8	5	10
9	8	11, 12

FINAL EXAM:

10	11	12
11	7	13, 14
12	7	15
13	9	25
14	9	23, 24
15	10	18, 19
16	11	20
17	12	21, 22
18	1	26

FALL 1997 TRIMESTER	LIBRARY VIEWING				SITE VIEWING				SALES COPIES	CABLE VIEWING CH. 29	RENTAL	
TELECOURSE/TELECLASS VIEWING CHART	Lansing Public Library	Mokena Comm. Pub. Library	GSU Library	Orland Park Public Library	Kankakee Comm. College	Joliet Junior College N.	Parkland College	Olivet Nazarene Univ.	GSU Bookstore	Jones Southern Suburbs	Specialty Books	RMI Media
COURSES												
Addictions: A Multicultural Perspective	X		X	X					X		X	
Afro-American Music (From Jump Street)			X								X	
The Adolescent Substance Abuser	X		X	X		X			X		X	
African Civilizations (The Africans)			X	X	X	X						
Anthropology in Film (Faces of Culture)			X								X	X
Beliefs and Believers			X						X		X	
Child Development (A Time To Grow)	X	X	X	X	X						X	X
Contemporary Health Issues (Living With Health)			X								X	X
Dealing with Diversity			X	X	X	X			X		X	
Foundations of Education	X		X	X	X				X		X	
Introduction to Marketing Management			X						X		X	
History of Civil Rights			X									X
Introduction to Management Strategies	X		X	X	X				X		X	
Literature for Children and Adolescents	X	X	X	X					X		X	
Living Literature: The Classics and You			X						X		X	
Modern American Poetry (Voices and Visions)			X	X	X						X	X
Modern Chinese History (The Chinese)	X		X	X							X	X
Native American Authors			X						X		X	
Nutrition (Nutrition Pathways)			X	X							X	X
Personality Theories			X	X					X		X	
Principles of Psychology (Discovering Psychology)	X	X	X	X							X	X
Production Management			X						X		X	
Schools and Society									X		X	
Seasons of Life			X									
Shakespeare: Power and Justice (Shakespeare's Plays)			X	X		X						X
Social Psychology			X	X							X	
Statistics (Against All Odds)		X	X	X	X						X	X
Statistics for Management I			X								X	
Studies in Religion (The Long Search)			X									X
Substance Abuse: Current Concepts	X		X	X	X			X	X		X	
Substance Abuse Intervention in the Criminal Justice System			X								X	
Survey of Exceptional Students	X	X	X	X	X	X			X		X	
Survey of Music History (Music in Time)	X		X									
Urban Dynamics			X		X							X
Women and Social Action			X						X		X	
World Regional Geography			X			X						X

Note: Cable programming is subject to change. For further information, please call Luke at 708/534-4088.